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Navy Region, Mid-Atlantic Public Safety, Virginia Beach Safety Storefront publishes this SafetyGram. Please visit our web site at www.nasoceana.navy.mil/safety for additional information. The Widest dissemination within your organization is encouraged.

NAVY SAFETY CENTER
24/7 Operation Summer Force Preservation 2006

The Navy and Marine Corps safety team has developed a new campaign called “24/7: Operation Summer Force Preservation.” The goal of this strategy is to remind Sailors and Marines of their responsibility to be alert, aware, and able to manage risk all day, every day. Commands can download the following “24/7” resources: the media kit (speech, program ideas, planning tips, and contacts), activity planner, camera-ready artwork, and multimedia resources (recreational and off-duty presentations, posters, videos). The Safety Center is encouraging you to use this planner and develop your own “24/7” campaign. At the end of your campaign, you are invited to share your success stories or provide feedback on how to improve the next campaign.

As part of our campaign there will be weekly topics that we’ll advertise to keep you alert and aware of the risks you face on a day to day basis. There will be articles in the Jet Observer and Plan of the Week, and postings on the Marquee when you come in the front gate. We will forward emails with any announcements and provide posters for your Safety personnel to post around your commands and departments.

Please contact our office if you would like some assistance with your campaign!!

Seatbelts Save Sailor and Marine Lives
By Dan Steber, Naval Safety Center Public Affairs

It doesn’t take fancy charts, gritty crash videos, or endless training sessions to learn that seatbelts save lives. Everyone knows they will help prevent serious injuries or deaths in crashes, but why do so many people still refuse or forget to wear them?

That question puzzles a lot of experts. The National Highway Traffic Safety Administration (NHTSA) collects an enormous amount of data on various traffic safety issues. The chart below shows some encouraging information on seatbelt use from 1994 to 2005. More and

more people are learning the lesson that seatbelts save lives; however many families, friends and shipmates still are left mourning each year for those who didn't get the word or didn't pay attention.

Safety Belt Use, 1994 – Present



Source: National Occupant Protection Use Survey, NHTSA's National Center for Statistics and Analysis

[Click image for larger view](#)

For example, two Sailors in Virginia Beach, Va., were driving at about 100 mph when the driver lost control of the vehicle. The car rolled several times, ejecting the passenger—a petty officer third class. The belted driver survived the crash and left the scene. The PO3 died along the side of the road after being ejected because he wasn't wearing a seatbelt.

In San Bernadino County, Calif., two Marines were returning to base after a night in Las Vegas. Their vehicle drifted into the northbound lanes, and the driver yanked the steering wheel and hit the brakes. That overreaction sent the car out of control. It left the road, skidded into the desert, and flipped several times. One of the Marines was ejected and died.

Neither of these victims believed they would die that night...why would they? Were fatigue or alcohol factors? In these cases, does it matter? The luck that may have existed in Vegas ended on a lonely stretch of road and in a heap in the desert. A good time turned tragic in the resort city of Virginia Beach, and families in different parts of the country suffered the unwanted sorrow that came with the news of these preventable deaths.

DoD policy states that military members are required to wear seatbelts on or off base, even in states that may not require them or don't have a primary offense law for seatbelts. That means Sailors and Marine must wear them...period. To not do so, in effect, is a violation of lawful direct orders.

But Sailors and Marines should wear them for other reasons: to make sure they live to see children walk, to enjoy family gatherings, to share special moments with loved ones, and to enjoy the freedoms they fight for. They should do it because it's the right thing to do. Some people think that seatbelts are confining, but how confining a wheelchair is or worse...a coffin?

NHTSA reports that child restraints saved 451 children in 2004. Seatbelts saved 15,434 people and airbags and additional 2,647 lives during the same period.

The chart above shows that seatbelt use has risen from 58 percent in 1994 to 92 percent in 2005. It is possible to reach 100 percent use, and it will save lives—5,839 according to NHTSA. These numbers clearly show that seatbelts and other protective devices and laws have kept many families from the pain of losing a loved one.

Wear seatbelts and helmets they make sense, are the law in many states, and are the DoD rule for all military members.

Heat Stress

Although rarely recognized, heat is by far the number one killer of all weather events. Over the last ten years, heat has averaged nearly 200 fatalities a year, with flash flooding being second to heat with 90 fatalities a year. Extreme heat affects all, but the elderly poor, infants and those who work outside during summer are the most likely to succumb to the heat.

Overexposure to the sun occurs whether you are out working outdoors or just spending time outside. It can damage your skin and cause skin cancer. Heat stroke, heat exhaustion, heat cramps and heat rash are possible when you become overexerted in the heat. Here are some tips to stay healthy and enjoy your summer.

- Wear a wide-brimmed hat to keep your head and face cool. It will provide added protection from damaging sun exposure.
 - Wear a long-sleeved shirt at all times. It should be light colored and loose fitting except if working around machinery.
 - Carry water with you. Drink frequently – every 15 minutes is highly recommended.
 - Take frequent breaks in the shade or cool environment during the hottest times of the day.
 - Adjust gradually to working in the heat over a period of 10-20 days.
 - Wear sunscreen with an SPF of at least 15. Protect children also!
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Motorcycle Safety

Here are some tips from the National Highway Traffic Safety Administration (NHTSA) to help you guard against serious and fatal injuries:

- Get licensed. All states required a motorcycle license.
- Never drink alcohol before operating a motorcycle.
- Follow all the rules of the road. Don't speed – 40 percent of motorcyclists who die in crashes are speeding.
- Watch for hazards on the road, such as large cracks, holes and bumps. Keep an eye out for vehicles coming from driveways and side streets.
- Make sure your headlight is on every time your ride (a law in most states).
- Don't let anyone ride with you until you're skilled at riding in all kinds of conditions.
- If you're a new rider, take a motorcycle riders' course (a requirement for all Sailors and Marines who ride motorcycles)

If you ride a motorcycle, always wear all the required Personal Protective Equipment (PPE) as outlined in OPNAVINST 5100.12G. This includes a DOT or SNELL-Approved helmet, long trousers, long-sleeved shirt (minimum requirement), jacket designed for the motorcycle rider (preferred), full-finger leather gloves, hard-soled shoes with heels that protect the ankle, and protective eyewear.

Also, do not speed! There have been many cases of fatal accidents where the operator was wearing the appropriate PPE, but was speeding. Long sleeved shirts, gloves and helmets cannot protect you in an accident that causes you to go airborne landing over 100 feet from the point of impact.

According to 2005 data from the NHTSA, 4,008 motorcyclists were killed on our nation's roads in 2004, and 8 percent increase from 2003. Of those fatalities, 66 percent were not wearing a helmet in states without all-rider helmet laws, compared to only 15 percent in states with all-rider helmet laws. Annual motorcyclist injuries number more than 50,000.

In comparison, Naval Safety Center statistics show that 21 Navy and 13 Marine Corps motorcyclists died in FY05 crashes. Those numbers in FY04 were 25 and 7, respectively.

Think before you ride!

Hurricane Preparedness

Hurricane Preparedness Checklist: Experts are predicting another active hurricane season for 2006. The biggest lesson of the disastrous 2005 hurricane season was that citizens need to have enough supplies to survive for at least three days after a hurricane hits. The following checklist provides suggestions of basic items for a disaster supplies kit:

Food & Drink	Two Weeks' supply of the following
<ul style="list-style-type: none">○ Drinking Water: 1 gal. per person per day○ Non-potable Water: hygienic use only○ Propane Gas for Barbecue Grill○ 2 Coolers for Food and Ice○ Manual Can Opener	<ul style="list-style-type: none">○ Nonperishable Foods○ Plastic Tableware and Cups○ Plastic Wrap and Plastic Trash Bags○ Toilet Paper and Paper Towels○ Wet Wipes○ Fuel for Folding Stoves
Health & Safety	Infant Necessities
<ul style="list-style-type: none">○ Flashlight and Batteries: 1 per person○ Liquid Soap and Hand Sanitizer○ Tooth-Brushing Pads○ Water Purification Kit○ 2-Week Supply of Prescription Drugs○ Fire Extinguisher○ Extra Eyeglasses and Sunglasses○ Insect Repellant○ Sunscreen	<ul style="list-style-type: none">○ Infant Medicine○ Diapers○ Baby Formula○ Bottles

First-aid Supplies	Miscellaneous
<ul style="list-style-type: none"> ○ Bandages ○ Antiseptic ○ Tape ○ Compresses ○ Pain Relievers ○ Anti-Diarrhea Medication ○ Antacid ○ Medication for common illnesses 	<ul style="list-style-type: none"> ○ Cleaning supplies (i.e., Mop, buckets, towels, disinfectant, bleach) ○ Camera/camcorder: Record property before storm and document damage afterwards ○ Extra batteries ○ Flat Fixer for Tires ○ Work Gloves ○ Full Gas Tank ○ Post-storm Clothing (i.e., Hat, Closed-Toe Shoes, Dry Socks, Rain Gear) ○ Animal Care: Ensure that proper food and water are stocked ○ Cash: ATMs, credit card networks might be down
IF YOU EVACUATE	
<ul style="list-style-type: none"> ○ Pillows, Blankets & Sleeping Bags or Air Mattresses (shelters do not provide these) ○ Folding Chairs or Cots ○ Extra Clothing and Shoes ○ Personal Hygiene Items: Tooth-Brush, Washcloth, Deodorant ○ Food, Water and Ice ○ Prescription Medications in Original Containers ○ Books ○ Handheld Games ○ Toys 	

IF YOU HAVE ANY QUESTIONS ABOUT THESE TOPICS PLEASE CALL OUR OFFICE. THE MAIN NUMBER IS 433-2692. YOU CAN ALSO SEND US AN EMAIL AT SAFETY@NASOCEANA.NAVY.MIL.

THANKS FOR SUPPORTING THE OSH, TRAFFIC SAFETY, RECREATIONAL AND OFF DUTY SAFETY, AND EXPLOSIVE SAFETY PROGRAMS!